

Seven Lakes Wrestling 2025-26 Training and Competition Schedule

<u>Sunday</u> 10-Aug	<u>Monday</u> 11-Aug	<u>Tuesday</u> 12-Aug	<u>Wednesday</u> 13-Aug	<u>Thursday</u> 14-Aug	<u>Friday</u> 15-Aug	<u>Saturday</u> 16-Aug
First Week of School. 5th Period Workouts Begin. Room Closed After School	No School	No School	Classes Resume - Wrestler's Handbook - No Workouts	5th - Mat	5th - Mat	
				7th - No Workouts / Wrestler's Handbook	7th - No Workouts / Wrestler's Handbook	
				Room Closed After School	Room Closed After School	
17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
12 Weeks to the Start of the Season. 7th Period Workouts Begin. Room Closed After School	5th - Mat	5th - Mat Circuit	5th - Mat	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	
24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
11 Weeks to the Start of the Season. 5 Weeks to Hydration Testing.	5th - Tube Lift A	5th - Mat	5th - Mat	5th - Mat	5th - Mat Circuit	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Closed After School	Room Closed After School	Room Closed After School Optional New Parent Orientation 6:00pm	Room Closed After School	Room Closed After School	

V = Varsity, JV = Junior Varsity, G = Girls Most Weekday Events Begin at 5:00pm. Most Saturday Events Begin at 9:00am See Rankonesport for details.

Seven Lakes Wrestling 2025-26 Training and Competition Schedule

<u>Sunday</u> 31-Aug	<u>Monday</u> 1-Sep	<u>Tuesday</u> 2-Sep	<u>Wednesday</u> 3-Sep	<u>Thursday</u> 4-Sep	<u>Friday</u> 5-Sep	<u>Saturday</u> 6-Sep
10 Weeks to the Start of the Season. Optional After School Workouts Begin. 4 Weeks to Hydration Testing.	No School - Off	5th - Mat	5th - A Lift	5th - Mat	5th - B Lift	
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Optional Practice (Down Blocking & Shot-Reshot) 3:00-4:00pm	Room Closed After School	Open Mat 2:35-4:00pm	Room Closed After School	
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
9 Weeks to the Start of the Season. 3 Weeks to Hydration Testing.	5th - A Lift	5th - Mat	5th - B Lift	5th - Mat	5th - A Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Open By Appointment Only	Optional Practice (Suck Back, Chin Drop, & Shoulder Pinch) 3:00-4:00pm	Room Closed After School	Open Mat 2:35-4:00pm	Room Closed After School	
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
8 Weeks to the Start of the Season. 2 Weeks to Hydration Testing.	5th - B Lift	5th - Mat	5th - Tube Lift B	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Room Open By Appointment Only	Optional Practice (Beating a Whizzer) 3:00-4:00pm	Room Closed After School	Open Mat 2:35-4:00pm		

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<u>Sunday</u> 21-Sep	<u>Monday</u> 22-Sep	<u>Tuesday</u> 23-Sep	<u>Wednesday</u> 24-Sep	<u>Thursday</u> 25-Sep	<u>Friday</u> 26-Sep	<u>Saturday</u> 27-Sep
7 Weeks to the Start of the Season. 1 Week to Hydration Testing.	5th - C Lift	5th - Mat	5th - D Lift	5th - Mat	5th - E Lift	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Room Open By Appointment Only	Optional Practice (Control Rides) 3:00-4:00pm	Room Closed After School	Open Mat 2:35-4:00pm	Room Closed After School	
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
6 Weeks to the Start of the Season. Hydration Testing Week.	5th - C Lift	5th - Mat	No workout / Wrestler's Handbook	5th - Mat	5th - D Lift	
	7th - Mat	7th - Mat	No workout / Wrestler's Handbook	7th - Mat	7th - Mat	
	Room Open By Appointment Only	Optional Practice (Leg Riding) 3:00-4:00pm	Mandatory Team Meeting Fundraiser Kick Off 2:45-3:15pm Hydration Testing @ Legacy - Time TBA	Open Mat 2:35-4:00pm	Room Closed After School	
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
5 Weeks to the Start of the Season	5th - E Lift	5th - Mat	5th - C Lift	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Room Open By Appointment Only	Optional Practice (Leg Riding Defense) 3:00-4:00pm	Room Closed After School	Open Mat 2:35-4:00pm		

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<u>Sunday</u> 12-Oct	<u>Monday</u> 13-Oct	<u>Tuesday</u> 14-Oct	<u>Wednesday</u> 15-Oct	<u>Thursday</u> 16-Oct	<u>Friday</u> 17-Oct	<u>Saturday</u> 18-Oct
4 Weeks to the Start of the Season	No School - Off	5th - Mat	5th - D Lift	5th - Mat	5th - E Lift	Pot Luck / Tailgate @ back athletic parking lot 3:00-6:00pm
		7th - Mat	7th - Mat	7th - Mat	7th - Mat	
		Optional Practice (Gramby & Peterson) 3:00-4:00pm	Room Closed After School Mandadory Parent Meeting @6:00pm In SLHS Library	Open Mat 2:35-4:00pm	Room Closed After School	
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
3 Weeks to the Start of the Season Mandatory After School Practices Begin	5th - Mat	5th - Mat	5th - Mat	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Varsity 3:30-5:30	Room Closed After School	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Room Closed After School	
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
2 Weeks to the Start of the Season	5th - Mat	5th - Mat	5th - Mat	5th - Mat	No School - Teacher Inservice	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Varsity 3:30-5:30	Room Closed After School	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day		

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Seven Lakes Wrestling 2025-26 Training and Competition Schedule

<u>Sunday</u> 2-Nov	<u>Monday</u> 3-Nov	<u>Tuesday</u> 4-Nov	<u>Wednesday</u> 5-Nov	<u>Thursday</u> 6-Nov	<u>Friday</u> 7-Nov	<u>Saturday</u> 8-Nov
1 Week to the Start of the Season	5th - Mat	5th - Mat	5th - Mat	5th - Mat	5th - Mat	
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Varsity 3:30-5:30	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	<u>Challenge Matches</u> Warm Up 3:00-3:15 Matches Begin at 3:30 Navy Dismissed at 4:15	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
6 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Cy Falls @ Seven Lakes V, G, JV	5th - Mat	5th - Mat	Big 12 @ Cinco Ranch V, G, JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Varsity 3:30-5:30		Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
5 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Bridgeland @ Bridgeland V, G, JV	5th - Mat	5th - Mat	The Paetow Thanksgiving Give Back @ Paetow V, G, JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Varsity 3:30-5:30		Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	

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<u>Sunday</u> 23-Nov	<u>Monday</u> 24-Nov	<u>Tuesday</u> 25-Nov	<u>Wednesday</u> 26-Nov	<u>Thursday</u> 27-Nov	<u>Friday</u> 28-Nov	<u>Saturday</u> 29-Nov
4 Weeks to Mid-Season Break	No School	No School	No School - Off	No School - Off	No School - Off	No School - Off
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:15 Orange Practice 9:00-11:00am. Varsity 9:00-11:30	Clear Falls, Westside and Klein @ SLHS V, G, JV				
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
3 Weeks to Mid-Season Break	5th - Mat	5th - Mat	Fulshear @ Seven Lakes V, G, JV	5th - Mat	JV War Games & War Games Duals @ Frisco Memorial V, JV & G	War Games @ Frisco Memorial V & G
	7th - Mat	7th - Mat		7th - Mat		
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Varsity 3:30-5:30		Practice for War Games Participants Only 3:00-5:00		
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
2 Weeks to Mid-Season Break	5th - Mat	5th - Mat	5th - Mat	5th - Mat	5th - Mat	The Woodlands Classic @ The Woodlands HS V, G, JV
	7th - Mat	7th - Mat	7th - Mat	7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Varsity 3:30-5:30	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	Navy Practice 2:35-4:00 Orange Practice 3:30-5:30 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:30	

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<u>Sunday</u> 14-Dec	<u>Monday</u> 15-Dec	<u>Tuesday</u> 16-Dec	<u>Wednesday</u> 17-Dec	<u>Thursday</u> 18-Dec	<u>Friday</u> 19-Dec	<u>Saturday</u> 20-Dec
1 Week to Mid-Season Break	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	Athletic Period Workouts TBA Finals Week	District Duals Day 2 @ LMC V & G
	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00 Lift Day	No Practice / Exam Prep Day	Navy Practice 2:45-3:30 Orange Practice 3:00-4:45 Lift Day	Navy Practice 2:45-3:30 Orange Practice 3:30-4:30	District Duals Day 1 @ LMC V & G	
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
5 Weeks to Post Season	No School - Off	No School - Off	No School - Off	No School - Off	No School - Off	No School - Off
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
4 Weeks to Post Season	No School	No School	No School	No School	Cy Fair Invitational at The Berry Center V & G	Cy Fair Invitational at The Berry Center V & G
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:15 Orange Practice 9:00-11:30am. Lift Day	Navy Practice 9:00-10:15am Orange Practice 9:00-11:00am Varsity 9:00-11:30am	Navy Practice 9:00-10:15 Orange Practice 9:00am-11:30pm Lift Day	Navy Practice 9:00-10:15am Orange Practice 9:00-11:30am		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
3 Weeks to Post Season	No School - Teacher Inservice Day	5th - Mat	Bryan @ Bryan V, G, & JV 4:15 weigh in 5:15 Start	5th - Mat	5th - Mat	Spartan Hall of Fame Invitational at Seven Lakes V, JV, G, JVG
	Navy Practice 3:00-4:00 Orange Practice 3:30-5:00 Lift Day	7th - Mat		7th - Mat	7th - Mat	
		Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00		Navy Practice 2:35-4:00 Orange Practice 3:30-5:00 Lift Day	Orange Practice 6:00-7:30pm (Navy Optional) Gym Set Up After Practice	
11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
2 Weeks to Post Season	5th - Mat	5th - Mat	Grand Oaks at Seven Lakes V, JV, & G (senior night)	5th - Mat	5th - Mat	Ccougar Classic @ College Station V, G. & JV
	7th - Mat	7th - Mat		7th - Mat	7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:00 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00		Navy Practice 2:35-4:00 Orange Practice 3:30-5:00 Lift Day	Navy Practice 2:35-3:30 Orange Practice 3:30-5:00	
18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
1 Week to Post Season	No School	5th - Mat	5th - Mat	George Ranch, Freeman, and ? @ George Ranch V, G, JV	5th - Mat	Orange Practice 10:00am-12:00pm
	Team Meeting 8:45-9:00am Navy Practice 9:00-10:15 Orange Practice 9:00-11:30 Lift Day	7th - Mat	7th - Mat		7th - Mat	
		Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00	Navy Practice 2:35-3:30 Orange Practice 3:30-5:00		Navy Practice 2:35-4:00 Orange Practice 3:30-5:00 Lift Day	

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<u>Sunday</u> 25-Jan	<u>Monday</u> 26-Jan	<u>Tuesday</u> 27-Jan	<u>Wednesday</u> 28-Jan	<u>Thursday</u> 29-Jan	<u>Friday</u> 30-Jan	<u>Saturday</u> 31-Jan
Districts	5th - Mat	5th - Mat	5th - Mat	Varsity Boys and Girls District Championships @ LMC	5th - Mat	Varsity District Line Up Practice 8:00-9:30 Lift Day JV Boys, JV Girls, and Freshman Boys District Championships @ LMC
	7th - Mat	7th - Mat	7th - Mat		7th - Mat	
	Navy Practice 2:35-4:00 Orange Practice 3:30-5:00 Lift Day	Navy Practice 2:35-3:15 Team Meeting 3:15-3:30 Orange Practice 3:30-5:00	Navy Practice 2:35-3:30 Orange Practice 3:30-5:00		Navy Practice 2:35-3:30 Orange Practice 3:30-5:00	
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
Regionals	5th - Mat	5th - Mat	5th - Mat	5th - Mat	Region III Championships at LMC	Region III Championships at LMC
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Post Season Practice 3:00-4:45 Weight Lifting Day	Post Season Practice 3:00-4:45 Team Pictures 2:45	Post Season Practice 3:00-4:45 Weight Lifting Day	Post Season Practice 3:00-4:45		
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
State	5th - Mat	5th - Mat	5th - Mat	5th - Mat	State Championships at The Berry Center	State Championships at The Berry Center
	7th - Mat	7th - Mat	7th - Mat	7th - Mat		
	Post Season Practice 3:00-4:45 Weight Lifting Day	Post Season Practice 3:00-4:45	Post Season Practice 3:00-4:45 Weight Lifting Day	Post Season Practice 3:00-4:45		

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<u>Sunday</u> 15-Feb	<u>Monday</u> 16-Feb	<u>Tuesday</u> 17-Feb	<u>Wednesday</u> 18-Feb	<u>Thursday</u> 19-Feb	<u>Friday</u> 20-Feb	<u>Saturday</u> 21-Feb
Break	No School Teacher Inservice	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	No Athletic Period Workout or After School Workouts	
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
11 Weeks of Spring Workouts Left	5th - Big Weight Room Lift	5th - Mat	5th - Big Weight Room Lift	5th - Circuit Lift / Mat	5th - Tube Lift / Mat	
	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Circuit Lift / Mat	7th - Tube Lift / Mat	
	Room Closed After School	Room Closed After School	Room Closed After School Mat Chat	Room Closed After School	Room Closed After School	
1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
10 Weeks of Spring Workouts Left	5th - Big Weight Room Lift	5th - Mat	5th - Big Weight Room Lift	5th - Circuit Lift / Mat	5th - Tube Lift / Mat	Banquet Wednesday, 4/1/26 @ SLHS Main Commons
	7th - Weight Lift (Wrestling Room)	7th - Mat	7th - Weight Lift (Wrestling Room)	7th - Circuit Lift / Mat	7th - Tube Lift / Mat	
	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	Room Closed After School	

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